

MOVE IT!

**FOR YOUR BODY
FOR YOUR HEALTH
FOR YOUR SELF**

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!

North Kirkland Comm. Center
12421 103rd Ave NE
Kirkland • 425.587.3350



Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45-minute class could give you a new look without the chisel. We start with a 10-minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

C.D.S.—Cardio, Dance, Sculpt

Put the fun back into your workout! This class uses easy dance-based moves combined with upper and lower body sculpting exercises. For all levels. It will give you an all in one total body workout. You will leave this class feeling happy and fit!

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

Dance Aerobics

Let's move and have fun international-style! Dance aerobics will take you for a trip around the world, featuring popular dance styles from salsa and tango to Bollywood, belly dance, country line dance and hip hop. You'll have so much fun, you'll forget you're exercising! Appropriate for all levels of fitness.

Full Body Stretch

Take the time to relax. Stretching is a vital part of any exercise routine for people of all ages and fitness levels. Through stretch and relaxation you will learn to focus inward and lengthen each muscle group to improve posture and alignment. This class aims to increase your range of motion, reduce muscle tension and improve balance and circulation.

PiYo® LIVE

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. You'll sweat, stretch, and strengthen—all in one PiYo workout!

Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

Red Hot Dance Fitness

NEW! Red Hot Dance Fitness combines the hottest music with every genre of dance. For all levels, easy to follow dance moves set to your favorite songs. An invigorating, exhilarating, liberating and calorie burning dance party that will have you addicted from the first beat!



***STILL MORE AFFORDABLE THAN
YOUR LOCAL FITNESS CLUB!***

FALL 2015

All classes below included with your **Move It! Pass**
Resident \$114 / Non-Resident \$136 • Class #46806

Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Yoga–Candlelight Vinyasa

Flow to the glow in this fun active class that will leave you feeling rejuvenated and relaxed. Move your body as you quiet your mind. Vinyasa Yoga is a series of postures where you learn to sync movement with your breath. You will increase your flexibility, build strength and improve your balance. All ages and levels welcome, as this style encourages students to work at their own level of fitness.

Zumba®

Join us on Thursday evenings and Saturday mornings. Zumba® is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

MORNING CLASSES

14 weeks // September 8–December 19 // No class: Oct 30, Nov 11, 23-28

DAY	CLASS	TIME	INSTR.
Mon	Strength & Stretch	8:00–9:00am	Laura
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Joleen
Wed	PiYo®	8:00–9:00am	Taraneh
Wed	C.D.S. –Cardio, Dance, Sculpt	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Laura
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

14 weeks // September 8–December 19 // No class: Oct 30, Nov 11, 23-28

DAY	CLASS	TIME	INSTR.
Mon	Red Hot Dance Fitness NEW!	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Yoga–Candlelight Vinyasa	7:25–8:25pm	Chris
Tue	Body Sculpting	5:30–6:15pm	Sandi
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Red Hot Dance Fitness NEW!	5:30–6:15pm	Carrie
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga –Candlelight Vinyasa	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Full Body Stretch	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

Ages 16 through adult /// Passes are available at any time during the quarter at full price /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising.

Call Recreation Hotline 425.587.3335 if class cancellation is in question.

This schedule of classes is published for information purposes only. We strive to produce the most accurate marketing possible. However, some program information may have changed after the current activities brochure and this flyer were printed. We will make every effort to notify participants of the changes.

MOVE IT!

WINTER 2016

All classes below included with your **Move It! Pass**
Resident \$98 / Non-Resident \$117 • Class #46807

MORNING CLASSES

12 weeks // January 4–March 26 // No class: Jan 18, Feb 15

DAY	CLASS	TIME	INSTR.
Mon	Strength & Stretch	8:00–9:00am	Laura
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Joleen
Wed	PiYo®	8:00–9:00am	Taraneh
Wed	C.D.S. –Cardio, Dance, Sculpt	9:15–10:15am	Carrie
Thur	Strength & Stretch	8:00–9:00am	Laura
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

12 weeks // January 4–March 26 // No class: Jan 18, Feb 15

DAY	CLASS	TIME	INSTR.
Mon	Red Hot Dance Fitness NEW!	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Yoga–Candlelight Vinyasa	7:25–8:25pm	Chris
Tue	Body Sculpting	5:30–6:15pm	Sandi
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Red Hot Dance Fitness NEW!	5:30–6:15pm	Carrie
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga–Candlelight Vinyasa	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	Full Body Stretch	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

Ages 16 through adult /// Passes are available at any time during the quarter at full price /// **PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE** /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising

Call Recreation Hotline 425.587.3335 if class cancellation is in question.

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[Below classes are not included in Move It pass]



Rizzmic®

NEW! Rizzmic® is a fun, new fitness program that pairs authentic dance style with the most beloved music from the last century of American culture; from Disco and country to Jazz and Hip Hop! Old School, Jive, Show Tunes, R&R, Country Western, Funk and more. All abilities welcome.

Wear athletic shoes • Location: PKCC • Instructor: Joan Wilde
4 classes • No class 9/29 & 2/9 • Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Sept 8–Oct 6	46126
Tue	10:30–11:30am	Oct 13–Nov 3	46127
Tue	10:30–11:30am	Nov 10–Dec 1	46128
Tue	10:30–11:30am	Dec 8–29	46129
Tue	10:30–11:30am	Jan 5–26	46130
Tue	10:30–11:30am	Feb 2–Mar 1	46131
Tue	10:30–11:30am	Mar 8–29	46132

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

Wear athletic shoes • Location: PKCC • Instructor: Joan Wilde
4 classes • No class 11/19, 11/26, 12/3 & 3/17
Resident \$35 / Non-Resident \$42

Thur	10:30–11:30am	Sept 10–Oct 1	46134
Thur	10:30–11:30am	Oct 8–29	46135
Thur	10:30–11:30am	Nov 5–Dec 17	46136
Thur	10:30–11:30am	Jan 7–28	46137
Thur	10:30–11:30am	Feb 4–25	46138
Thur	10:30–11:30am	Mar 3–31	46139

Exercise & Fitness

Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? Learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. A great class to take with a friend!

Bring a light lunch or snack, and a water bottle.

Instructor: Joann Factor • Location: NKCC

Resident \$114 / Non-Resident \$137

Sat	11am-4pm	Sept 26	46622
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Stretch and Tone

This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you "active" again.

Location: PKCC • Instructor: Marco Carrabba

Mondays • 6 classes • No class 12/28, 1/18 & 2/15

Resident \$50 / Non-Resident \$60

Mon	5:20-6:05pm	Sept 14-Oct 19	46146
Mon	5:20-6:05pm	Oct 26-Nov 30	46147
Mon	5:20-6:05pm	Dec 7-Jan 25	46148
Mon	5:20-6:05pm	Feb 1-Mar 14	46144

Wednesdays • 6 classes • No class 11/11, 11/25, 12/23 & 12/30

Resident \$50 / Non-Resident \$60

Wed	5:20-6:05pm	Sept 9-Oct 14	46140
Wed	5:20-6:05pm	Oct 21-Dec 9	46141
Wed	5:20-6:05pm	Dec 16-Feb 3	46142
Wed	5:20-6:05pm	Feb 10-Mar 16	46143

Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Mondays • 6 classes • Location: PKCC • No class 11/2, 12/28, 1/18 & 2/15 • Resident \$60 / Non-Resident \$72

Mon	5:30-6:30pm	Sept 14-Oct 19	45885
Mon	5:30-6:30pm	Oct 26-Dec 7	45886
Mon	5:30-6:30pm	Dec 14-Feb 1	45889
Mon	5:30-6:30pm	Feb 8-Mar 21	45890

Wednesdays • 6 classes • No class 11/4, 11 & 25

Resident \$75 / Non-Resident \$90

Wed	5:30-6:45pm	Sept 9-Oct 14	45887
Wed	5:30-6:45pm	Oct 21-Dec 16	45888
Wed	5:30-6:45pm	Jan 6-Feb 10	45891
Wed	5:30-6:45pm	Feb 17-Mar 23	45892

See page 61 for more
Daytime Yoga classes!



Kirkland Parks & Community Services
is currently hiring for
part-time and seasonal
recreational positions:

- » Pee Wee Basketball Coaches
- » Youth Basketball Referees
- » Sports Attendants
- » Preschool Program Positions
- » Summer Day Camp Positions (Posted in January)
- » Summer Aquatic Positions (Posted in January)

FOR DETAILS AND TO APPLY:

GOVJOBSTODAY.COM

